



Eat Right, Play Hard Challenge 2009-2010

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Bergen County Department of Health Services
Office of Health Promotion

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Welcome to a new school year and the second year of the *Eat Right, Play Hard Challenge*. Join in the fun and help students move more and make healthy eating choices!

You will automatically receive materials to help you implement upcoming monthly events. Materials will also be posted to the Department's website at www.bergenhealth.org. If your school participates in 6 of the following activities, your school will receive a plaque declaring **"We Met the Eat Right, Play Hard Challenge!"** You may participate in all, or any, of the events. Staff from the Office of Health Promotion are available for technical assistance and advice. We hope you will enjoy this year's *Challenge* and find it both helpful and fun.

HERE'S HOW YOUR SCHOOL EARNS A "We Met the Challenge!" PLAQUE:

There are a few changes to the procedures from last year.

1. Your school must participate in a minimum of 6 events to "Meet the Challenge."
2. There are new activities for each month, but you may also complete last year's activity. Check to see if prizes are still available.
3. Complete the enclosed Participation Form each time you complete an activity. (Or as soon afterwards as you can!) Fax or mail it to:

Marge Doremus, PhD, RD
Bergen County Department of Health Services
327 E. Ridgewood Avenue
Paramus, NJ 07652



The Participation Form is also available at www.bergenhealth.org. You can download it, complete it and email it to: mdoremus@co.bergen.nj.us.

All Participation Forms must be received by May 14, 2010.

4. Be as flexible as you need to be. Our goal is to encourage students to move and make healthy eating choices. Sometimes that might mean having activities on months other than the suggested month. That's fine. Involve as much of the school as is feasible. But if one class gets involved, it is better than no one.
5. In June, we will host a celebration for everyone who participates in the Challenge. Each school will receive a certificate of achievement and school personnel will receive a token of appreciation for their commitment to their students and staff. Schools who complete the challenge will also receive an engraved plaque.

Please contact me at mdoremus@co.bergen.nj.us or 201-634-2709 if you have any questions, comments or concerns.

Bergen County Department of Health Services
327 E. Ridgewood Avenue, Room 301 • Paramus, New Jersey 07652-4895
www.bergenhealth.org • 201-634-2709

Eat Right, Play Hard Challenge 2009-2010

September, 2009 - Happy Birthday, Johnny Appleseed!

Celebrate Johnny Appleseed's birthday, September 26. Celebrate with one class or the whole school, in a classroom or the lunch room. If possible, taste apples. Younger children can color Johnny Appleseed pages. Read the story of Johnny Appleseed. (This year, celebrate on Friday!)



October, 2009 - Exercise Every Day

Encourage students to realize that many activities that they enjoy are exercise. Post a calendar of ideas for exercising every day. Give each student a blank calendar to record what they did for exercise. Give students who have some activity every day a certificate.

November, 2009 - Healthy Heritage

Students in Bergen County have a wide variety of family backgrounds. Share recipes that reflect their family. They can select recipes that are from their ethnicity, religion or just family favorites. Students can bring in the recipes, bring in the food or tell a story about the food. Focus on fruits and vegetables and include a few guidelines for healthy recipes.

December, 2009 - Fun Fitness Day

Set up activity stations for students. Pick up to 5 of the suggested activities or design your own. Make Fun Fitness Day during school, at lunch or after school.

January, 2010 - Draw a Fruit Super Hero

Have students draw (paint or color) their favorite fruit as a superhero! Relate their super power to the nutritional value of the fruit. If you pick a school winner and follow a few simple criteria, we'll have it printed on a poster, 50 copies for the school. Or involve the PTA/PTO and have a smoothie treat party for the class of the winning entry.

February, 2010 - Jump Rope Contest/Hoops for Heart

Celebrate American Heart Month with a jump rope or basketball contest. See who can jump the longest or get the most baskets. Or have students set a goal for themselves and keep track of who reaches their goals. Fund raising is not necessary.

March, 2010 -Healthy Lunch Day/Week

Students score their lunches to see how healthy they are! Students who meet the guidelines get a certificate.

April, 2010 - Exercise Challenge

Roll dice once to pick an activity and once to determine the number of replications. Examples of activities include jumping in place, toe touching, arm circles.

May, 2010 - Color Your Rainbow

Challenge your students to "Eat the Rainbow." Provide them each with a rainbow and a list of fruit and vegetables with all the colors. Each time they eat a fruit or a vegetable of the appropriate color, color the rainbow. Give a prize for class/grade with the most completed rainbows. Involved the PTA/PTO; ask them to provide samples of fruits and vegetables that students can eat at school.



Eat Right, Play Hard Challenge 2008-2009 Activities

September - Pack Assorted Colors for Kids (P.A.C.K.) Week

October - Walk to/at School Day (October 7, 2009)

November - Nutrition Question of the Day

December -Healthy Holiday Food Drive

January - Family Day - A Day to Eat Dinner with Your Children

February - Cooking Our Way to a Healthier Life

March - Student/Faculty Volleyball Game

April - Walk at Work Day (2010 date to be announced)

May -Project ACES..."All Children Exercise Simultaneously" (May 5, 2010)